

APPENDIX

In this Appendix, I have compiled some of the basic resources I use most often with my patients, as well as two forms you can use to get started in rescuing your health. My hope is that you will find these resources helpful. As always, if you are engaging in something new to help you rescue your health, please check with your doctor before beginning any new program.

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It's important to me that you have usable resources and tools to help you on your journey. All of these resources and more are available to download on my website at www.RescueYourHealth.com.

HEALTH COACHING NOTES

In your own notebook, I recommend writing down these three prompts. Then, for each appointment you have with your doctor or other wellness professional, write your answers to each prompt. This will allow you to revisit key points along the way, without having to remember everything in your head.

Prompt #1

Things I want to remember from this session:

Prompt #2

New things I can try:

Prompt #3

Ways I can reinforce my sense of pleasure, purpose, and pride:

MAP MY PROGRESS

Progress is a good way to reinforce your behavioral changes. When we see a tangible change, we know something is working. We then become more likely to continue with the changes we have made. Unfortunately, all too often, we forget where we started, so having a “map” to track our progress is really helpful. In your own notebook, I recommend using the following 10 prompts to record the changes you are making and how they are affecting your overall results, in real time. Then after a few months you can reflect, more easily, on where you were, where you are, and where you want to be.

1. My Weight:

6. Foods I Have Eliminated:

2. My Mood:

7. How Much I Exercise:

3. Average Sleep:

8. How I Am Reducing Stress:

4. How I Am Reducing Toxins:

9. Fun Things I Have Done:

5. New Foods I Have Tried:

10. Friends I Have Connected With:

THE 4-7-8 BREATH (THE GATEWAY BREATH)

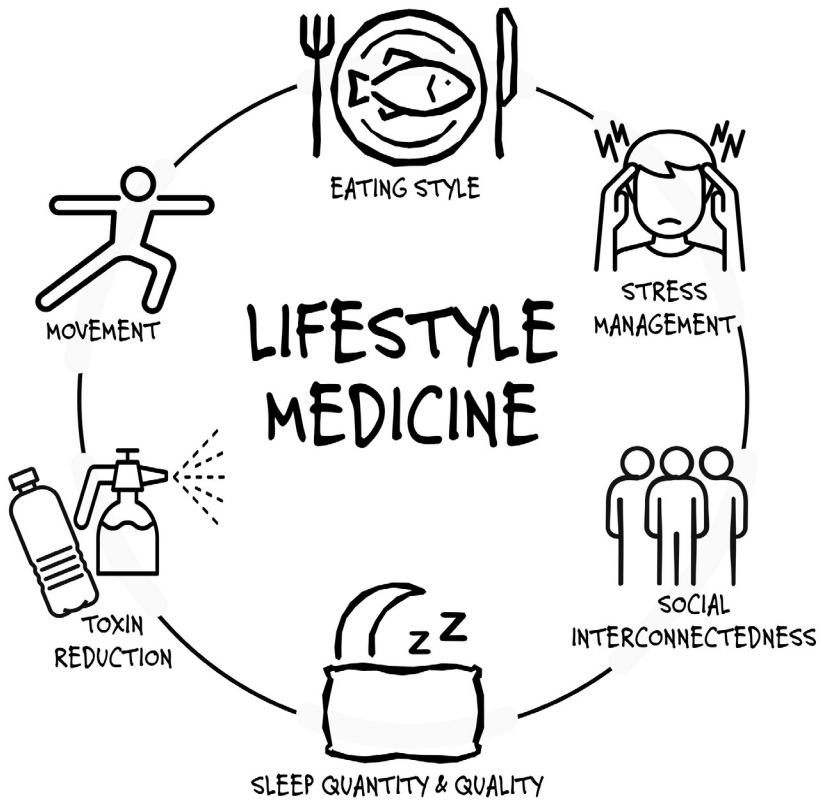
This is my favorite relaxing breath. I learned it from Dr. Andrew Weil and use it often. I call it The Gateway Breath because once you feel how nicely this breath relaxes you, you will be interested in and curious about how you can keep that feeling going. Then you will be in a better place to learn more about different mindfulness practices.

Start by finding a quiet place and sit upright with your back straight and feet on the ground.

- 1. Close your mouth and quietly inhale through your nose for a count of 4.**
- 2. Hold your breath for a count of 7 (in your belly, not your chest)**
- 3. Exhale through your mouth with your lips pursed—making a “whoosh” sound—for a count of 8 (it’s ok to be noisy here)**
- 4. Repeat Steps 1-3 up to 7 more times, for a total of eight cycles.**

THE 6 CATEGORIES OF LIFESTYLE MEDICINE: A PLACE TO START

Lifestyle Medicine is about incorporating all of the patient's life into the discussion and subsequent treatment plan. In order to rescue your health, a comprehensive approach that includes a lifestyle perspective is the best place to start. There are six categories in lifestyle medicine, as follows:



Eating Style

The types of food you personally need to eat in order to cultivate a diverse and resilient gut microbiome and optimize your genetic risk factors.

Movement

Exercise and/or movement. Whether you prefer to go for a run, go for a walk, or lift weights, the point is to get up and move. For every hour you sit, you should spend 10 minutes standing. Shoot for 150 minutes per week.

Toxin Reduction

You can evaluate your environment, see what you are exposed to, and systematically address any issues in order to reduce your toxic burden and improve your overall health.

Sleep (Quantity & Quality)

We want to target around 7 hours of sleep per night. There is data showing that this may be the best number to reduce all-cause mortality. Sleep quality is also important and we should be looking to reduce sleep interruptions, optimize the temperature in the room, and avoid electronic devices, lights, and other distractions.

Stress Management

Mitigating stress is one of the most important facets of lifestyle medicine. It is key to optimizing the gut microbiome and could influence genetic expression. Whether you prefer yoga, tai chi, qi gong, energy medicine, reiki, meditation, breathwork, or a combination of these and/or other modalities, the point is to spend time every day being grounded, being still, and appreciating the beauty that is your life force.

Social Interconnectedness

Humans are social beings. We need that social interconnectedness. The great thing is that we don't need 100 friends—we just need 1. We just need one person to talk to, confide in, bounce ideas off of. The microbiome responds to this as well, and those who live in areas where there is more social interaction and connection have more diverse gut microbiomes.

These six categories of lifestyle medicine are very important. They are the foundation of health. They are not to be underestimated. The beauty is that the treatments that come from focusing on these categories are essentially free (outside of food, which you have to eat anyway).

The human being wasn't built with a requirement to take dozens of medications. The human being was built with a simple instruction book. However, modernization and evolution of our species essentially changed how we operate, what we need, and what we develop in order to meet those needs. As a result, what we end up doing to our bodies also needs to change.

Therefore, in many cases, we may need to supplement or treat certain conditions. However, what remains true even to this very day in our advanced society is that the human body still responds quite wonderfully to these six principles of lifestyle medicine. When you give your body the things that it wants—the things that it needs—it will do the very best that it can under your circumstances and environment to be good, to be healthy, and to be in homeostasis. Why? Because that's what the body wants to do—that's what the body was meant to do.

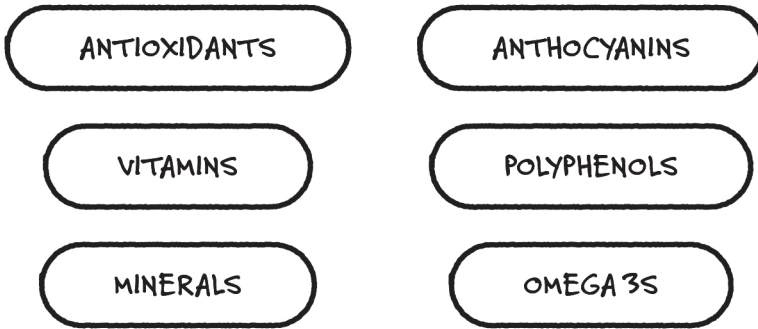
Our default programming is to be good and healthy. By remembering the principles of lifestyle management in our everyday life, we can get back to that default programming. We can rescue our health!

The catch is that the body needs all of these things, not just one. You can sleep seven hours per night without interruption, but if you are eating chips and cookies all day long, you're not going to get anywhere. At the same time, if you eat plenty of vegetables and fruits and exercise regularly, you might find that you can now sleep better. Funny how that works right?

You see, the body needs all of these items in balance with one another in order to optimize health. However, this doesn't mean you have to work hard on each of these categories all the time. It's about balance and diversity. It's about incorporating some aspect of each of these six items on a regular basis to provide the best opportunity for your body. Then, the body will help you, because the body wants to get to the same place that you want to get to: health.

DR. MARVIN'S TOP TEN FOODS

As you know by now, in order to optimize—and truly own—your health, the personalized approach is the way to go. Food is no different. However, there are certain characteristics that good foods contain, such as:



Of course, there are numerous other helpful compounds that you can consider as well, but this is a good place to start. Personally, I have a list of “favorite” foods that I recommend for their health benefits. To follow are my Top Ten Foods, including their health benefits and some suggestions for how to enjoy them.

Food	What are the health benefits?	How would you eat this?
Arugula	Source of calcium, potassium, folate, Vitamins A, C, and K. This more bitter or spicy tasting green may also help aid in digestion and can bring a nice flair to your dish.	<ul style="list-style-type: none"> • Mix in salad or add on top of almost any dish.
Asparagus	One of my favorite vegetables because it is low calorie and is a great source of fiber, folate, and Vitamins A, C, and K. Some benefits include: weight loss, improved digestion, and improved blood pressure.	<ul style="list-style-type: none"> • Chop it up in small pieces and throw it into a salad. • Grill it. • Sauté it. • Steam it. • Roast it with some olive oil and a little himalayan sea salt. • Add it into your stir fry. Just because it comes as a long-stalked vegetable doesn't mean you can't chop it up and use it in different ways.
Bok Choy	A member of the cruciferous vegetable family and a great source of vitamins and minerals. Provides a good source of Vitamins A, C, and K in addition to iron, calcium, manganese, and folate. It is also a source of sulforaphane which has anti-cancer benefits. Also contains brassinin which is an antioxidant. Also functions as an anti-inflammatory. Overall great for immune support.	<ul style="list-style-type: none"> • Sauté and eat it as a side dish or mixed in with other leafy greens. • Include it in a soup. • Grill it. • Steam it. • Include the leaves in salads.
Cilantro	This is a super-herb. Helps with detoxification and blood sugar management. It is immune-boosting and filled with antioxidants which can benefit cardiac health and reduce inflammation.	<ul style="list-style-type: none"> • It makes a perfect garnish on many dishes. • It can be included in a smoothie or a cold pressed juice. • Liberally include this on a salad.
Ginger	One of my personal favorites. Good for nausea, bloating, motility, arthritis, reducing inflammation, reducing risk of heart disease, balancing blood sugar balance, and it has antimicrobial properties	<ul style="list-style-type: none"> • Definitely can be included in cooking dishes as a spice. • May complement any dish as a side when it is pickled. • Can drink as a ginger shot.
Kimchi	One of my favorite fermented foods. Great source of probiotics. Low calorie. Boosts the immune system, reduces inflammation, supports heart health, and might aid with weight loss. An acid in kimchi, HDMPPA*, may reduce inflammation. Get the gut boosting advantages and the nutrient advantages of this probiotic food and its spices, all in one package.	<ul style="list-style-type: none"> • Great side note to a dish. • Eat it as it is. • Mix it into a stir fry. • Mix it into a soup. • Makes a great complement to organic pastured, free-range, cage-free, antibiotic free, certified humane eggs.

Food	What are the health benefits?	How would you eat this?
Okinawan sweet potato	This purple-colored sweet potato is my favorite! High antioxidant levels make this particularly popular as a result of the anthocyanins that give the potato its purple color. Actually has more antioxidants than blueberries! Often mentioned as a food important in longevity. Good source of Vitamins A and C, Manganese, copper, fiber, B6, potassium, and iron. May have antibacterial and antifungal properties. Rich source of the hormone DHEA.	<ul style="list-style-type: none"> • Eat it like any other baked or mashed potato. • Cube it, roast it up, and eat it as a side dish with any meal.
Turmeric	This is a superfood with anti-inflammatory capability. Also an antioxidant. Can boost brain-derived neurotrophic factor (BDNF) and reduce risk of heart disease and potentially cancer.	<ul style="list-style-type: none"> • Use it as a spice on dishes. • Take a shot to get a turbo boost (often paired with ginger). • Many people don't know you can buy it in the store and it looks like an orange ginger. • You can steep your own tea with fresh turmeric.
Walnuts	One of my favorite nuts. Contains high levels of antioxidant capacity thanks to Vitamin E, melatonin, and polyphenols. Great source of omega-3s. Reduces inflammation with its Omega-3s, magnesium, and amino acid arginine. Promotes a healthy gut microbiome. May modify cancer risk and help control appetite and weight. Promotes brain health and reduces cardiovascular risk.	<ul style="list-style-type: none"> • Eat a handful raw. • Put on top of salad. • Add them as a condiment on top of organic, gluten-free, steel cut oatmeal. • Some like to make a nut butter out of them. • Some include them in smoothies.
Wild Blueberries	With 6 grams of fiber per cup, these are a delicious way to support your heart, brain, and gut health. High level of antioxidants. Low fodmap fruit. Some data suggests improvement in mood. Reduced risk of diabetes. Wild blueberries are believed to have higher antioxidant capabilities and have more anthocyanin. Good source of fiber, potassium, folate, vitamin C, B6.	<ul style="list-style-type: none"> • Eat them as they are. • Include them in smoothies. • At night, instead of ice cream, sit down with a bowl of blueberries with some cinnamon sprinkled on top to help with digestion, bloating, weight loss, and blood sugar control. • Pair them with a healthy nut like walnuts.

When trying to figure out what foods to include in your eating style, it can be really helpful to learn about what health benefits a food may have. I often do “food lessons” with my young kids. With 100% certainty I can tell you that, if I take a brand new food or a food that they don’t care to eat and we sit down with the food, wash it together, and cut it together—and then quickly review what vitamins, minerals, and other great compounds are found in the food—I can’t keep them away from the food if I try!

I remember when one of my children expressed that they didn’t want to eat strawberries. We washed a bunch, smelled them, then sliced them in half. I told him about how there is a compound called fisetin in strawberries and this is an antioxidant that may help you live longer, promote good health, and help reduce allergies. On top of that we reviewed all the vitamins and minerals that are in strawberries. We discussed how food really can be medicine and that if we all eat these kinds of foods regularly, our body will respond by thanking us with good health. Then I concluded by saying you don’t have to eat it if you don’t want to, but at least we learned about the great health benefits of this berry. His response? “Of course I want to try it!” He ate one bite and immediately was sold!

This list of my top 10 foods are not all inclusive of the “best foods” one can eat. These are just some of my favorites. There are certainly many other foods I love as well as many other foods you can eat for your good health.

Nutrition is such a personal thing. However, there are some basic principles that apply to all human beings. There are some basic needs—vitamins, minerals, chemicals, and compounds—that we all benefit from. Therefore, I thought I would share some of my personal favorites that most people may be able to tolerate, outside of any particular allergies or specific digestive issues. I also wanted to offer a brief food lesson to demonstrate how food really is medicine if we think about its various components and

attributes, and how we can use food and proper nutrition to reduce inflammation and optimize our health. Adding Precisionomics into the mix helps you go “next level” and truly rescue your health.



Now, just like I have favorite foods for health, there are also some “no-go” foods that it’s important to know about, in my opinion.

A simple “Good” vs “Bad” food list isn’t always helpful when we’re talking about how you can optimize your health. Instead, it’s important to look at—and understand—what’s in the food and what it does to your body. Just like the strawberries in the previous section whose compounds help our bodies, there are certain compounds in food that actually stress our bodies. These are most often found in:

- Processed meats
- Packaged foods
- Trans-fats
- High mercury foods
- Sugary foods
- GMOs

While it may be a controversial topic, the literature does suggest that consumption of processed meats is associated with higher incidence of heart disease and diabetes.⁶⁶ While these studies might suggest a connection with nitrates, nitrites, and other chemicals, they also likely lack a comparison to organic meats, and further studies are likely necessary. In the meantime, it’s a good idea to eat clean, organic meats whenever possible if you are going to include meat in your diet.

⁶⁶ Micha R, Wallace SK, Mozaffarian D. Red and processed meat consumption and risk of incident coronary heart disease, stroke, and diabetes mellitus: a systematic review and meta-analysis. *Circulation*. 2010 Jun 1;121(21):2271-83. <https://pubmed.ncbi.nlm.nih.gov/20479151/>

On the other hand, it is more clear that trans-fats are not good for you and are associated with all-cause mortality (death from any cause), heart disease, and death from heart disease.⁶⁷ Foods that might contain trans-fats include: baked goods, shortening, fried foods, non-dairy coffee creamer, and margarine, to name a few.

Sugar-sweetened beverages are one of the most important things to eliminate from anyone's eating style, as they are a big source of added sugar and can be a large driving force in chronic inflammation. One 12-ounce can of Coca-Cola, for example, has 39 grams of sugar in it! This means that one soda, in and of itself, surpasses your total maximum recommended amount of sugar for the entire day, which is around 24-36 grams.⁶⁸ One recent study in the Mexican population suggested that consumption of soda was associated with adverse levels in a biomarker of inflammation called CRP (C-reactive protein) and cardiovascular risk.⁶⁹

Of course, by now you know that nutrition needs to be personalized (and that we have the technology to do it). There are a lot of factors that need to be considered when figuring out an eating plan. The purpose of this book isn't to give you a diet but to open the discussion to the fact that your eating style might not be as straightforward as you think on the surface. After that, we can talk about how there are some certain principles to eating that are essentially important for all humans.

While it is important to figure out which foods are good—and not good—for you based on a variety of factors, we should all keep in mind that all of our bodies benefit from things like phytonutrients.

67 de Souza RJ, Mente A, Maroleanu A, Cozma AI, Ha V, Kishibe T, Uleryk E, Budyłowski P, Schönemann H, Beyene J, Anand SS. Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. *BMJ*. 2015 Aug 11;351:h3978. <https://pubmed.ncbi.nlm.nih.gov/26268692/>

68 Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. *Circulation*. 2009;120:1011-20.

69 Tamez M, Monge A, López-Ridaura R, Fagherazzi G, Rinaldi S, Ortiz-Panozo E, Yunes E, Romieu I, Lajous M. Soda Intake Is Directly Associated with Serum C-Reactive Protein Concentration in Mexican Women. *J Nutr*. 2018 Jan 1;148(1):117-124. <https://pubmed.ncbi.nlm.nih.gov/29378052/>

Phytonutrients are plant nutrients with specific biological activities that support good health. Examples include polyphenols, terpenoids, resveratrol, flavonoids, isoflavonoids, carotenoids, limonoids, glucosinolates, phytoestrogens, phytosterols, and omega 3s. The compounds can act as antimicrobials, anti-oxidants, anti-inflammatories and may also play a role in diabetes, anti-aging, neuroprotection, and gut health—to name a few!⁷⁰

I think we all agree that things like Vitamin C and Vitamin D are also essential for human health. Vitamin C is an essential micronutrient for humans and is a potent antioxidant that plays a large role in modulating our immune system.⁷¹ Vitamin D is widely viewed within the medical community as more than just a simple vitamin as it plays a large role in our immune and overall health. Specifically, it plays an important role in autoimmune disease, respiratory health, bone health, skin health, and gut health.⁷²

So, while diet certainly is a personal topic, there are some common themes that hold true across the board. This discussion is meant to point out that there are some things that we know are universally bad for us and some things that we know are good for us. Understanding these concepts and combining this understanding with a personalized knowledge of your own inner biology... that's the special sauce to health and wellness!

A healthy diet considers all of these factors, as well as what you, personally, can tolerate. At the end of the day, a diet needs to be sustainable while also properly supporting the systems of your unique body. Remember, it all comes back to the systems. You wouldn't put diesel gas in an unleaded car, because the car's system isn't set up for that. Your body is the same. It has specific systems

70 Gupta C, Prakash D. Phytonutrients as therapeutic agents. *J Complement Integr Med*. 2014 Sep;11(3):151-69, <https://pubmed.ncbi.nlm.nih.gov/25051278/>

71 Carr AC, Maggini S. Vitamin C and Immune Function. *Nutrients*. 2017 Nov 3;9(11):1211. doi: 10.3390/nu9111211, <https://pubmed.ncbi.nlm.nih.gov/29099763/>

72 Bartley J. Vitamin D: emerging roles in infection and immunity. *Expert Rev Anti Infect Ther*. 2010 Dec;8(12):1359-69, <https://pubmed.ncbi.nlm.nih.gov/21133662/>

that are designed to work with specific components. It needs them to survive, and you need them to thrive.

When things feel complicated, I have found that it's always good to go back to basics. When thinking about your diet, after you have the information from your tests, a good question to ask yourself is this:

How far away from its natural state is this food?

Often, the further away something is from nature, the harder it is for our bodies to process it, which in turn causes added stress. It really is that simple.

DR. MARVIN'S LIST OF KEY HERBS/BOTANICALS

This list is informational only and not meant to be prescriptive or comprehensive. There are many other herbs that can be considered in management; this list highlights some of the most popular that may help. Please adhere to any specific medical recommendations or advice and always do your own due diligence to ensure no drug-drug, herb-drug, or herb-herb interactions exist in your specific circumstances. And, as always, consult with your doctor before trying anything new. A great resource to learn more is the National Geographic Guide to Medicinal Herbs: The World's Most Effective Healing Plants.⁷³ The information contained here was adapted from that text.

BLOATING, IBS, SIBO

Constipation Predominant

Flaxseed herb - Used for: IBS-Constipation. 1-2 Tbsp. crushed flaxseed steeped in 2 cups water for 10 minutes; Strain, then drink through the day as mild stool softener.

Ginger - Used for: Nausea/vomiting, anti-inflammatory, gastroparesis, motility disorders, bloating with constipation predominance. 500-1000mg dried ginger twice to three times daily for gastroparesis before meals; 500mg twice to three times daily for nausea/vomiting. [*Caution: GERD (in some), pregnancy, high doses in conjunction with anticoagulants.*]

⁷³ Johnson, R.L., Foster, S., Low Dog, T, and Kiefer, D. (2012). National Geographic Guide to Medicinal Herbs: The World's Most Effective Healing Plants. National Geographic.

Triphala - Used for: Constipation, bowel tonic, IBS, lower cholesterol and BP, antioxidant, anti-inflammatory. Take capsules, avoid powder. Follow the label for dosing, 1-2 times daily before eating. [Caution: loose stools, stomach upset.]

Diarrhea Predominant

Caraway seed oil - Used for: GERD, dyspepsia, antispasmodic, IBS-diarrhea predominant. 50-100mg or 0.2mL in enteric-coated capsule two to three times daily. 1-4 drops daily of essential oil.

Serum-derived bovine immunoglobulin (SBI) - Used for: Diarrhea, IBS, SIBO. Serum derived bovine immunoglobulin/protein isolate, binds microbial components, toxic substances released by bacteria.

Peppermint - Used for: Indigestion, IBS with diarrhea, colds/cough, muscle aches, tension headaches, bloating, improved bile flow, abdominal cramping. 50mg or 0.2mL in enteric coated capsule two to three times daily before meals; if anal burning, reduce and/or take with food. [Caution: GERD, hiatal hernia.]

Bloating/SIBO predominant

Herbal blend of peppermint leaf, quebracho extract, conker tree extract, horse chestnut - Used for: Bloating, abdominal discomfort, changing bowel habits. 2 capsules daily; take before foods that are bothersome and up to three times daily until relief attained, then consider 2 capsules daily once stable. [Caution: Consider the length of treatment.]

Berberine (compound in goldenseal) - Used for: Intestinal permeability, diarrhea, SIBO, antibacterial. 500mg two to three times daily.

Fennel - Used for: Colic, menstrual cramps, bloating, coughs/cold/sinus congestion, abdominal cramps. [*Caution: use in pregnancy limited to what is found in food.*]

Uva ursi (bearberry) - Used for: Antibacterial. Tea, capsule (standardized extracts of 700-1000mg three times daily), tincture (1tsp three times daily). [*Caution: do not take longer than 2 weeks; not for children, pregnancy, breastfeeding, kidney failure; tannins can cause upset stomach, nausea, vomiting, constipation.*]

General

Chamomile - Used for: IBS, GERD, colic, relaxes gut smooth muscle, calms the mind, anti-ulcerogenic. 1-3 cups infusion per day, 3-10mL twice daily (1:5 tincture or glycerite), 500-2000mg dried flower in capsules twice daily.

GERD

Aloe Vera - Juice or gel, Aloin free product. GERD, IBD, constipation, mucosal healing, anti-inflammatory. 100-150mL twice daily. [*Caution: GI upset, melanosis coli.*]

Caraway seed oil - GERD, dyspepsia, antispasmodic, IBS-diarrhea predominant. 50-100mg or 0.2mL in enteric-coated capsule two to three times daily. 1-4 drops daily of essential oil.

D-Limonene - GERD, ulcers, promote gut motility, stimulate gut peristalsis: 1000mg daily every other day for 10 doses over 20 days, then as needed. [*Caution: pregnancy.*]

Deglycyrrhizinated licorice (DGL) - GERD, sore throat, gastritis. 400-800mg taken before meals and bedtime. [*Caution: pregnancy.*]

Ginger - Nausea/vomiting, anti-inflammatory, gastroparesis, motility disorders, bloating with constipation predominance. 500-1000mg dried ginger twice to three times daily for gastroparesis before meals; 500mg twice to three times daily for nausea/vomiting. *[Caution: GERD (in some), pregnancy, high doses in conjunction with anticoagulants.]*

Mastic gum - Dyspepsia, peptic ulcer, H.pylori, antacid. 1-2gm per day.

Melatonin - Particularly for nocturnal GERD. Take 3mg two hours before bed.

Slippery elm - GERD, IBD cough, sore throat, itchy/inflamed skin. Lozenges for GERD, IBD, sore throat. Tea: steep 1 tsp powder in 1 cup water for 10 min; pour off liquid; discard powdered sediment in bottom of cup; drink 1 cup between or after meals. Tinctures should use low amounts of alcohol or mucopolysaccharides will be degraded. *[Caution: Can slow absorption of other medicines; should be taken 1 hr before or several hours after; not recommended with bile duct obstruction or gallstones.]*

Digestive Aids

Digestive bitters (including artichoke, dandelion root, gentian, hops, bitter orange peel) - Digestive aid, increases gastric acid and primes pancreas; bloating; gas; sluggish stools; fullness after eating; dyspepsia; IBS. Dandelion can be used for sluggish digestion and as liver protectant (1-3 gm of dandelion leaf/root taken in divided doses; tea or capsules). Artichoke leaf: promotes bile flow, anti-nausea: 320mg-640mg daily. *[Caution: allergy, GERD, increased stomach acid, gallbladder/kidney problems, possible drug interactions.]*

STW5 (blend of 9 herbs) = Iberis, amara, angelica, chamomile, caraway, milk thistle, lemon balm, peppermint, celandine, licorice) - IBS, functional dyspepsia. 20 drops before or with meals for those aged 12 and up. [Caution: allergy, liver disease, pregnancy, breastfeeding.]

Liver Support

Dandelion - see “Digestive bitters”

Milk thistle - Liver disease. Standardized to 80% silymarin, optimal dose is not known; in Hep C and cirrhosis close is close to 700mg extract three times daily. Use as hepatoprotectant from drug induced damage. Beneficial dose 420-760mg daily in divided doses.

Anti-inflammatory/Immune

Boswellia - IBD, microscopic colitis, gut healing. Standardized to 65% boswellin or boswellic acid. 300-500mg three times daily (many use 350mg three times daily). [Caution: nausea, diarrhea, rash.]

Elder (elderberry) - Colds, flus. Syrup/lozenge. [Caution: do not eat unripe berries or consume products made from other plant parts. Caution with autoimmune conditions.]

Glutamine - (not truly a botanical but mentioned here in brief) for gut lining repair, IBD: 2-3gm per day

Marshmallow root - IBD, GERD. 6gm/day. Tea: steep 1 tbsp root in 2 cups near boiling water for 15-20 min; strain then drink 60 minutes after meals.

Turmeric - Anti-inflammatory, arthritis, IBD, FAP, prevention of cardiovascular disease and cancer. Standardized 95%

curcumin or curcuminoids. 300-600mg three times daily to 1500-3000mg daily in divided doses for IBD have been recommended. *[Caution: eating it is safe and high doses up to 12gm/dy are well tolerated although no*

Stress Reduction

Ashwagandha - Rejuvenating tonic, anti-inflammatory, anti-anxiety. 1-6gm per day of dried root in 2-3 divided doses; 2-4mL three times daily tincture. Tea. *[Caution: sedation, nausea, diarrhea, may stimulate thyroid activity; Caution in pregnancy; Caution with other sedating drugs.]*

Lavender - Insomnia, anxiety, gas, stomach upset, bad breath. Tea. Massage/oil. Aromatherapy. For mild digestive upset, add a few drops of lavender oil to a sugar cube and allow it to dissolve in the mouth. 5-10 drops to bath water.

Lemon Balm - Dyspepsia, gut calming agent, anxiety, colic. 900-1500mg daily; tea.

Milky oat seed - Restorative tonic, tensions/stress relief. Take 30-50 drops in a small amount of water 3-4 times daily between meals.

Passion Flower - Anxiety, insomnia. Infusion, tea. 1-2 350mg caps daily to twice daily. Tincture: 1-2mL daily to three times daily, often combined with hops or lemon balm. *[Caution: drowsy, dizzy, increased effects of other sedatives; Do not take in pregnancy; Can increase activity or interact with anticoagulants or blood thinning medications.]*

Raspberry leaf - Women's tonic (regular menstrual cycles and ease cramping), pregnancy tea, diarrhea. Tea, capsules (500mg to 600mg dried leaf 2-4 times daily), tincture 5mL twice daily.

Rhodiola - Stress, anxiety, depression, fatigue. Tea. Tincture 3-5mL twice daily. Extract: 100-576mg extract standardized to contain 3.6% rosavin and 1.6% salidroside. [*Caution: interaction with antidepressants and those with mental health conditions should consult a doctor first; Caution in pregnancy.*]

Memory

Bacopa monnieri - Cognition, memory, anti-anxiety. 5-10gm daily of powdered bacopa in capsules. Tea. 1-2 tsp of tincture daily or 2 tbsp syrup daily. Standardized extracts contain 20-55% bacosides; dosage is 150mg twice daily. [*Caution: dry mouth, nausea, fatigue, drowsiness with other sedatives, may interact with thyroid medications.*]

Gotu Kola - Memory/cognition, venous insufficiency, wound healing. Capsules: standardized extracts of 30mg total triterpenoids per capsule, taken in 1-2 capsules twice daily; total dried leaves, stems, flowers should be 0.5 to 6gm daily. Tincture: 2-4 tsp daily. [*Caution: liver disease or issues; Upset stomach, nausea; Avoid in pregnancy.*]

Sleep

Melatonin - Particularly for nocturnal GERD, take 3mg two hours before bed.

DR. MARVIN'S GUIDE TO SUPPLEMENT BRANDS

Supplements, like everything else we've talked about, need to be personalized. However, there are certain things that remain true, regardless of what supplement you need. Specifically, it's most important to understand how to choose a supplement brand once you know what you need and in what dose you need it. To that end, I've compiled a checklist of tips to help you navigate the supplement world with a little more information.

15 Tips on HOW to Choose a Supplement Brand

1. Do your research: <https://drlowdog.com/resources/>
2. Look for reputable brands, made in the USA
3. Look for 3rd party seals like United States Pharmacopeia, NSF International, Consumer Labs, Good Manufacturing Practices
4. Labels should not claim that a supplement treats or cures diseases
5. For a chart detailing the upper intake levels of vitamins and minerals, visit the NIH website (NIH.gov) or refer to Dr. Tieraona Low Dog's book *Fortify Your Life*
6. Check labels to see if capsules are made from veggie caps or from gelatin (animal source)
7. Softgels are almost exclusively from gelatin (from animal sources) and may not be suitable for vegetarians/vegans
8. Beware of sweeteners and/or flavorings in chewables (and lactic acid, which may be derived from dairy if you are a vegan or sensitive to dairy)

9. Taking large doses of Calcium (Ca) or Magnesium (Mg) can compete with absorption of other minerals, including each other; therefore, take Mg at bed to help with sleep and relaxation and take the MVI-mineral supplement at least 2 hours apart from Ca or Mg.
10. Best to take fat-soluble vitamins (A, D, E, K, fish oil) with food (in particular, with a meal containing fat—not a snack!)
11. Look at the labels to make sure you don't have specific allergies or sensitivities to any of the ingredients or fillers
12. Try to get Non-GMO, organic-based products, if available/possible
13. Key components of any supplement label should include: product name, manufacturer name, manufacturer claims, method of delivery, “supplement facts” or ingredients, serving information, units of measurement, percentage daily value (DV), other ingredients, suggested use, cautions and warnings, manufacturer's contact information, lot number, expiration date, quality seals
14. Supplements, herbs, and medical foods are not as tightly regulated as prescription drugs. Therefore, one must keep in mind that a practitioner cannot guarantee quality or purity of product at all times (which actually holds true for both prescription and non-prescription drugs); one must continually do their own research and ensure that products are safe for them, under their circumstances
15. Check for drug-drug, herb-drug, herb-herb interactions. One good site: <https://www.umm.edu/health/medical/altmed> but there are many others such as Consumer Labs, Sloan Kettering, etc

Note: This is simply a starter's guide and is not meant to be comprehensive or all encompassing. These are general recommendations for those seeking supplements or herbal remedies and is not meant to provide medical advice to any particular individual without expressed recommendations. And, as always, consult with your doctor before trying anything new.

WHAT TESTS MIGHT BE GOOD FOR ME?

It can sometimes be tough to figure out where to start and what kinds of tests you might want to discuss getting done with your healthcare provider. This guide may help you streamline some of your initial choices based on your personal health priorities.

General Health and Wellness:

- Basic cardiometabolic tests
- Hormone panel
- Microbiome sequencing
- Nutritional genomics or whole exome sequencing
- Micronutrient testing
- Whole body imaging
- Body composition imaging

Brain Health:

- Leaky gut test
- Toxin testing
- Microbiome sequencing
- Basic inflammatory markers
- Mitochondrial health assessment

Autoimmunity:

- Basic inflammatory markers
- Whole exome sequencing
- Microbiome sequencing
- Leaky gut testing
- Food sensitivity testing
- Toxin testing

Hormones:

- Complete hormone panel
- Microbiome sequencing
- Basic inflammatory and autoimmune markers
- Micronutrient testing

Reactive Response:

- Leaky gut test
- Microbiome sequencing
- Food and chemical sensitivity panel
- Pathogen detection test
- Basic inflammatory markers

Metabolic imbalance:

- Basic lab testing: fasting blood sugar, insulin, TMAO, Hgb A1c, inflammatory markers
- AMRA body composition scan
- Microbiome sequencing
- Nutritional genomics or whole exome sequencing

Gut imbalance:

- Microbiome sequencing
- SIBO testing
- Toxin testing
- Stool calprotectin
- Fecal pancreatic elastase
- Food sensitivity testing
- Leaky gut test

WHAT SUPPLEMENTS AM I TAKING?

A simple chart like this might help you keep your supplements organized so that you know what you are taking, what it is for, and how much to take (and when).

Feel free to adapt this table and modify it for your personalized needs.

Supplement (By Category)	Dose (As Instructed by Healthcare Provider)	Time of day to take supplement (AM/midday/PM)
Gut Health		
Immune Health		
Mitochondrial Health		

RESCUE YOUR HEALTH

Supplement (By Category)	Dose (As Instructed by Healthcare Provider)	Time of day to take supplement (AM/midday/PM)
Anti-inflammatory		
Detoxification		
Vitamins/General Health		
Symptom-Specific Supplements		